**William Tell**

**Topic: Stress**

**John 14:27**

Supplies:

* 20 badminton birdies
* Blindfolds
* Plastic sheeting
* Large squirt guns
* Some form of a sprinkler

Directions:

1. Lay out sheeting and begin hosing it down and getting it wet and hook the sprinkler up on the sheeting.
2. Divide into teams of 10-12. Two teams at a time will face off against each other.
3. Line all but two people from each team up and have them spread out on the sheeting.
4. Have the remaining two students from each team stand across from them.
5. Place a badminton birdie on each student’s head that is standing on the plastic.
6. The remaining two members of the team will work together to shoot the badminton birdies off their team’s head.
7. One person will be blindfolded while the other directs them and their shots from behind.
8. On your go, the shooters race to get their birdies off first.
9. The shooter should start at one end of the line and move toward the other end.
10. The team who shoots all of their birdies off first wins.
11. Players cannot move or shake to make their birdie fall.
12. If they do they will have to replace it and the shooter will have to come
 back to them and try again, but only after they have gone through the rest
 of the team.
13. The winning team moves on to face other winning teams until there is
 only one winner.
14. Play a few rounds so everyone who wants to be a shooter can.

Say: Awesome job everyone, and hopefully if one of your teammates squirted you in the face you were able to return the favor. Keep in mind though they were trying to shoot the birdie and not you. There was a lot going on in this game to get you to the winner’s circle. No matter what you were doing in the game, if you didn’t do it just right you cost the team the game. There was a lot of pressure and stress to not be the one to lose the game. This is what we are going to talk about today - dealing with stress.

Ask:

* What part of the game was the most stressful? Why?
* What are other parts of your life that stress you out?
* Why do you think they stress you out?
* How to you react to this stress? Why?
* What does God tell you about stress?

Say: Stress is also connected to worry; when we stress about things it is us worrying about something. A test outcome, money, friendships, problems with a boyfriend or girlfriend, parent issues, just about anything we worry about causes us stress. So stress and worry really go hand in hand, and that is how we need to look at stress. Let’s look at what Jesus did for us to help us with our stress and worry.

Read: John 14:27

I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don’t be troubled or afraid.

Say: The world we live in creates all of our stress, by telling us we need things or we have to live a certain way, or we need lots of money. But the reality is all those things only bring us stress because we eventually fall short of them. Nothing this world gives you can bring you the peace that Jesus gives. See, when we give our problems and worry and stress to Jesus and allow Him to be in control of everything in our life, our stress decreases. I would love to say it goes completely away. Jesus will take it completely away and can, but the issue is us. See, we live in this sinful world, and we are sinful so we will always be stressed about stuff.

Say: But we need to work hard at giving our stress and worry to God. We do this by reading His word, praying to Him and most importantly living for Him. See, when we do these things, we will begin to see the stress in our lives, and we can begin to give it to Him before it takes us over.

Close: Bring your teams back together and have them pray as a group. Have them ask God for help dealing with the stressful things in their lives. If any are willing, ask them say them out loud specifically. This allows your students to know others are stressing about the same issues and can show them they are not alone.

Close in prayer for your students.